

## Adult Day Care Programs

The Senior Nutrition Program supports the cost of lunches served to seniors at the following nonprofit adult day care programs:

- **Holy Cross Adult Day Center**.....**301-754-7150**  
9805 Dameron Drive, Silver Spring 20902
- **Misler Adult Day Center**.....**301-468-1740**  
Kosher Meals  
1801 East Jefferson Street, Rockville 20852
- **The Support Center**.....**301-738-2250**  
1010 Grandin Avenue, Rockville 20851
- **Winter Growth** .....**301-774-7501**  
18110 Prince Philip Drive, Olney 20832

## SENIOR NUTRITION PROGRAM

Department of Health & Human Services  
Aging & Disability Services  
401 Hungerford Dr. 4th floor  
Rockville, MD 20850

**Contact the Nutrition Office at:**  
240-777-3810 (voice) 240-777-1236 (TTY)  
hhsmail@montgomerycountymd.gov.  
www.montgomerycountymd.gov/seniors



Montgomery County  
Isiah Leggett, County Executive

Alternative formats of the document  
are available upon request



## What Are You Doing For Lunch?

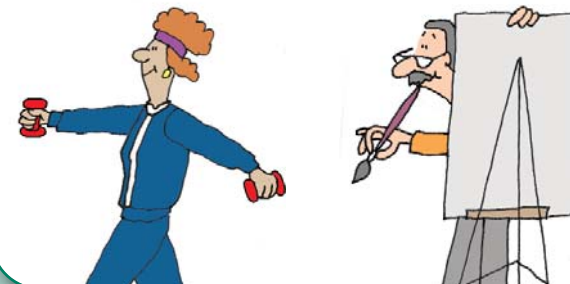


# THE SENIOR NUTRITION PROGRAM

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Dietary Reference Intakes (DRIs) for older adults and follows the Dietary Guidelines for Americans.
- Nutrition screening, nutrition education and counseling are available.
- **Senior Nutrition Hotline:**  
A registered dietitian answers questions on Wednesdays, 9 to 11 a.m. only. Call 240-777-1100.

## Activities

Activities include exercise programs, computer training, games, arts and crafts, classes, health and nutrition education and social activities.



## Home Delivered Meals

Home delivered meals may be available for seniors who are homebound due to illness or disability. For information, call: **240-777-3810**



## Eligibility

People 60 years of age and older and their spouses of any age are eligible to participate. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals.

Seniors may bring guests—those under 60 years pay full price for the meal.

# Congregate Nutrition Sites

All congregate Nutrition Sites are ADA compliant



## Traditional Meals

Lunch is served at noon, Monday through Friday, except as noted. Reservations are needed by 1:00 p.m. at least one day in advance. For reservations, call the sites. For information, call **240-777-3810**

**Arcola Towers.....301-754-0532**  
1135 University Blvd., Silver Spring 20902

**Damascus Senior Center....240-777-6995**  
9701 Main Street, Damascus 20872

**East County Community Center.....240-777-8090**  
3310 Gateshead Manor Way  
Silver Spring 20904  
Tuesday and Friday only

**Elizabeth House.....301-565-7613**  
1400 Fenwick Lane, Silver Spring 20910

**Praisner Community Center.....240-777-4970**  
14906 Old Columbia Pike  
Burtonsville 20866  
Tuesday and Thursday only

**Forest Oak Towers.....301-740-1414**  
101 Odendhal Road, Gaithersburg 20877

**Holiday Park Senior Center.....240-777-4999**  
3950 Ferrara Drive, Wheaton 20906

**Holly Hall.....301-439-8652**  
10110 New Hampshire Avenue  
Silver Spring 20903

**Lakeview House.....301-469-6927**  
10250 Westlake Drive, Bethesda 20817

**Long Branch Community Center.....240-777-6975**  
8700 Piney Branch Rd., Silver Spring 20901

**Margaret Schweinhaut Senior Center.....240-777-8085**  
1000 Forest Glen Road  
Silver Spring 20901  
Monday through Thursday only

**Mid County Community Center.....240-777-6813**  
2004 Queensguard Road  
Silver Spring 20906

**Rockville Senior Center.....240-314-8810**  
1150 Carnation Drive, Rockville 20850

**Ross Boddy Community Center.....240-777-8050**  
18529 Brooke Road, Sandy Spring 20860  
Wednesday and Thursday only

**Waverly House.....301-986-0052**  
4521 East West Highway, Bethesda 20814  
Lunch at 12:15 p.m.

**White Oak Community Center**  
1700 April Lane, Silver Spring 20904  
*Opening late 2012*

**Gaithersburg Upcounty Senior Center**  
80A Bureau Drive  
Gaithersburg 20878  
For information and reservations  
**301-258-6380**



**Kosher Meals** at five sites; with programs provided by the Senior Adult Division, **Jewish Community Center**. For information and meal reservations, call .....**301-348-3860**

- **Coffield Community Center**  
2450 Lyttonsville Rd, Silver Spring 20910  
Wednesday only
- **Har Tzeon**  
1840 University Blvd W, Silver Spring 20901  
Thursday only
- **Jewish Community Center**  
6125 Montrose Rd, Rockville 20852  
One Friday/month
- **Ring House**  
1801 E. Jefferson St., Rockville 20852  
Monday and Thursday only
- **Shomrai Emunah**  
1132 Arcola Ave, Silver Spring 20901  
3rd Wednesday of the month

**Korean Meals** and programs are offered by two organizations. For information and meal reservations, call the organizations.

- 1. Fellowship Senior Center ...301-444-3100**
  - **New Covenant & Fellowship Church**  
18901 Waring Station Road  
Germantown, MD 20874  
Wednesday, Friday, alternate Tuesdays
- 2. Korean American Senior Citizens Association of Maryland ....301-438-7304**
  - **Global Mission Church**  
13421 Georgia Avenue, Silver Spring 20906  
Monday, Tuesday, Thursday, Friday, Sunday only

**Vietnamese Meals** and programs are offered by the **Vietnamese Senior Association of Maryland**. For information .....**240-487-6729**

- **Long Branch Community Center**  
8700 Piney Branch Road, Silver Spring 20901  
Tuesday only

**Chinese Meals** and programs are offered by two organizations. For information and meal reservations, call the organizations.

- 1. Chinese American Senior Services Association .....301-530-4880**
  - **Upper County Community Center**  
Gaithersburg 20877 Tuesday & Wednesday
  - **Long Branch Community Center**  
Silver Spring 20901 Monday & Friday
  - **Good Hope Community Center**  
Silver Spring 20905 Thursday only
  - **Wheaton Community Center**  
Wheaton 20902 Wednesday only
  - **King Farm Community Center**  
Rockville 20850 Wednesday only
  - **Rio Center at Washingtonian**  
Gaithersburg 20878 Monday & Friday
  - **Leisure World Clubhouse 1**  
Wheaton 20906 2nd & 4th Friday every month
  - **Lakeview House**  
Bethesda 20817 3rd Friday every month
  - **Waverly House**  
Bethesda 20814 1st Thursday every month
  - **Bethany House**  
Rockville 20852 2nd Tuesday every month
- 2. Chinese Culture & Community Service Center .....240-631-1200**
  - **Germantown Community Center**  
Germantown 20874 Tues, Wed & Friday only
  - **Lincoln Park Community Center**  
Rockville 20850 Monday and Thursday only
  - **Rockville Senior Center**  
Rockville 20850 Friday only
  - **CCACC Headquarters**  
Gaithersburg, 20877 Saturday only